

# BENEFITS NEWS

An Information Publication for State of California Employees

## Your Employee Assistance Program *How to Get the Most Out of Your EAP Benefits*

We're living in difficult times. Families are faced with new challenges arising from personal budget issues, the national financial crises, an unstable economy, rising gas prices, and a host of other worries. Sometimes it can be difficult to manage stress, balance work with life, and stay physically and emotionally healthy. The good news is you don't have to face these challenges alone.

As a State employee, you and your family have access to a cost-free and confidential EAP. This program offers a wide range of tools, information, and resources to help you with the many issues that life sends your way. Visit the EAP website at <http://eap4soc.mhn.com> (company code soc), or get access to an EAP counselor by calling (866) 327-4762 / TDD (800) 327-0801.



### Getting Healthy and Fit

EAP can be a great companion to any fitness program. You can use the EAP website to take a comprehensive health risk assessment to evaluate your current level of healthiness. Health calculators will provide calculations on your target heart rate and body mass index and can also help you explore how many calories you will expend doing different physical activities. The web research library contains information to help you lower your cholesterol, manage your weight, and develop healthier eating patterns.



### Family First

Finding ways to balance your work life with your family life will keep you healthier and happier. EAP is a great place to find help with this complicated balancing act. You can call EAP to receive consultation and coaching on child or elder care. You can also get a referral to a clinician for family counseling. The EAP website offers information and tools to learn how to prepare your family for an emergency, to prepare a family master calendar, and to learn tips on how to make time for fun and relaxation. There is also plenty of helpful information on ways to effectively communicate with your spouse and children.



### Building Your Career

EAP can help you chart a course to a more successful career. The EAP website provides helpful tools and information that will help you set personal goals, improve work relationships, manage your time, communicate effectively with your boss, and improve your productivity. You will even find information on how to deal with office gossip and avoid "burn-out." You can also call EAP to receive clinical counseling and coaching to deal with work-related stress and anxiety.



### **Addressing Legal Issues**

There are a number of tools and services within EAP that can help you address legal issues. You can use it to arrange a face-to-face visit with a lawyer for up to thirty minutes to discuss almost any legal matter. You can also use the website to research legal issues like leases, rental agreements, child support and child custody, privacy issues, power of attorney, wills and estate planning and many other legal topics.

### **Facing Financial Challenges**

If you're like most, you are facing a changing financial landscape. Rising gas prices, the mortgage and banking crisis, and the overall economic uncertainty are changing our spending habits and impacting our resources. EAP's in-depth financial consultations can help you with credit counseling, debt, budget assistance, tax planning, and even retirement planning. On the EAP website, you'll find many tools including a net worth calculator and many helpful articles.

### **Problems are a Normal Part of Life . . .**

and getting help can be a smart thing to do! Your EAP is a confidential service that can help you deal with issues like stress, depression, anxiety, insomnia, relationship issues, grief and anger. EAP is also a good resource to turn to if you're facing a domestic violence issue or are worried about alcohol or substance abuse. You can receive referrals for visits with a clinician who can help coach you through these and other issues. If you prefer, EAP can even arrange for you to have sessions with a clinician by telephone.

### **How to Use Your EAP**

For more information on your EAP benefits, call MHN directly at (866) EAP-4SOC (866-327-4762) / TDD (800) 327-0801. Or visit <http://eap4soc.mhn.com> and use the company code: soc.

### **For More Information**

#### **DPA Benefits Division**

(916) 322-0300

#### **Dental Program**

(916) 324-0866

#### **Drug Testing Program**

(916) 324-9386

#### **Employee Assistance Program MHN (Managed Health Network)**

1-866-327-4762

#### **FlexElect Program**

(916) 327-6429

#### **Group Legal Services Plan ARAG®**

1-866-762-0972

#### **Group Term Life Insurance Plan**

(916) 324-0533

#### **Health Promotion Program**

(916) 324-9398

#### **Long-Term Disability Insurance Plan**

(916) 324-0533

#### **Merit Award Program**

(916) 324-0522

#### **Pre-Tax Parking**

(916) 324-0526

#### **Rural Health Care Program**

(916) 327-1439

#### **Savings Plus Program**

1-866-566-4777

[www.sppforu.com](http://www.sppforu.com)

#### **SDI/FMLA**

(916) 323-3343

#### **State-Owned Housing Program**

(916) 327-1438

#### **Travel & Relocation and Vanpool Programs**

(916) 324-0526

#### **Vision Service Plan**

1-800-877-7195

#### **Workers' Compensation Program**

(916) 445-9760

### **DPA Fax Numbers**

#### **Benefits Division**

(916) 322-3769

#### **Savings Plus Program**

(916) 327-1885

### **Internet Address**

[www.dpa.ca.gov](http://www.dpa.ca.gov)